

Unlimited Being

2009 Fred Dodson

Having explored Spirituality you have probably read or heard somewhere that you are “Unlimited”, “Infinite Consciousness”, “Pure Beingness” or similar expressions.

The purpose of this article is to get a clearer sense and direct experience of what this is supposed to mean – not as some promise for the future or carrot stick dangling to lure you into some spiritual retreat or program – but as something already present in these moments.

Let's first grasp the idea intellectually. Imagine a tiny dot on a white piece of paper. That tiny dot is what most people have narrowed their attention down to and have identified with when thinking they *are* their body/mind. The rest of the piece of paper and infinitely beyond that piece of paper in all directions and dimensions is the vast expanse of all-that-is. Therefore, being more open in awareness rather than narrow and pinpointed goes in the direction of Unlimited Being. Opening in that way so that you are not only involved with the tiny dot but perhaps with at least the rest of the area surrounding that dot also allows you to more easily create new realities. Creating new realities would mean to create a new tiny dot. That is easier from a perspective outside the original dot. Otherwise you'd only be creating over the already existing dot...which would look messy.

So let's experience just a little bit of this Unlimited Being. As you sit there, relax. Let go of any tension on the outbreathe. And as you sit there and read this, notice what you are *aware* of. You are aware of these words. But become aware of a little more. The sounds in your surroundings. What the chair you are sitting on feels like. Aware of your body. Aware of your breathing. Aware of the objects in your surroundings. You have just now opened your awareness a little bit.

Here's a real life-lesson: You are not that which you are aware of. Anything you can observe you cannot at the same time *be*. You are not the cup, table, computer in your surroundings. As the observer, you are separate from them. Likewise though, you are not your body and mind either. Don't take my word for it, check for yourself. Are you aware of your body as it is sitting there? Are you aware of that which you call “mind”, in other words a stream of thoughts coming and going? So *who* is the one that's aware? Yes, you are identified with the body, obviously, and your awareness likes “hanging around” in or near the body and mind, but you are not that. Try pointing to where “me” resides. And if you now point to a part of your body, who is doing the pointing. The hand? So are you your hand? Not hardly. You are not a body or mind. If you are having a difficult time experiencing this right now, then could you at least acknowledge that your awareness is not limited to the body/mind? Feel the Body. And now expand your attention to all the empty space surrounding your body. And expand your attention to some tree or object outside of the building you are in. You are experiencing that awareness/attention is not limited to the body. Otherwise all you could perceive is the body.

It is as simple as that. Many, when I speak of Unlimited Being and of *experiencing* that think they are going to skyrocket to a state of enlightenment, infinite bliss and

multidimensional brilliance. But experiencing Unlimited Being is more natural, more relaxed, more normal and also more attainable than that. You just did it. And rather than going for the huge enlightenment I'd recommend you relax into what you already are and gradually deepen this small bit of relaxation you felt. You already are Infinite Being, Unlimited Awareness, All-that-is. Actually there is nothing to achieve, nowhere to go, nothing to do, no program to go through, nothing to solve. Beingness Just Is. The trees just are. Your body and breathing just are. None of it requires your maintenance. None of it requires your extra effort. None of it requires your achievement. None of it needs to be deserved. Feel that Beingness for a moment that is already whole and perfect, in the here, in the now.

If you could just sit still and aware and be present a few minutes a day you'd open a bit and rejuvenate because of that. What keeps you narrowly focussed on that small dot is *resistance* toward what-is. And the only time we're willing to let go of *all* resistance and just be is during sleep. During sleep we allow ourselves to relax back into that vast expanse which we are. And because of that we regenerate and rejuvenate during sleep. So if you could do this for a few minutes while waking you would not need that much sleep or that deep of a sleep (which is why you would then have more of a lucid dream experience) and you'd also feel more comfortable throughout the day. What-is here and now requires no effort. So sit some minutes a day and just be. Be that which is aware. Be that which is effortless and natural. And when you've accepted the state of being that has no resistances, no desires, no needs, no urgencies, no obligations...then, if you still care, focus on the realities you prefer or do the jobs and activities you prefer. It will be much easier from that state of rest.

The audio-workshops available in our online-shop all support Unlimited Being. They are useful if you do not become dependent on them to experience your natural state. If you use them simply as a tool and not as the cause or source of well-being. *You* are that source.